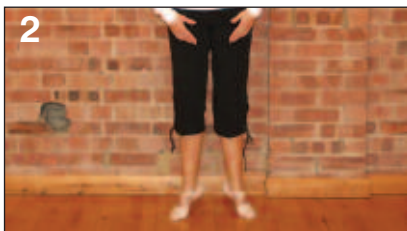
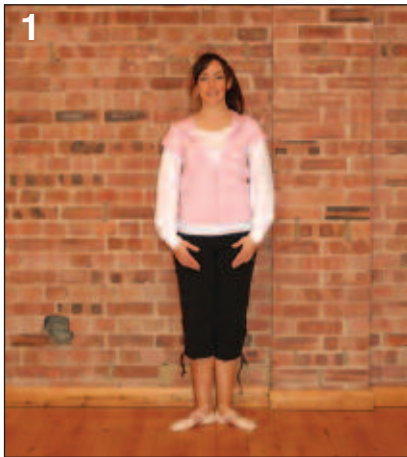


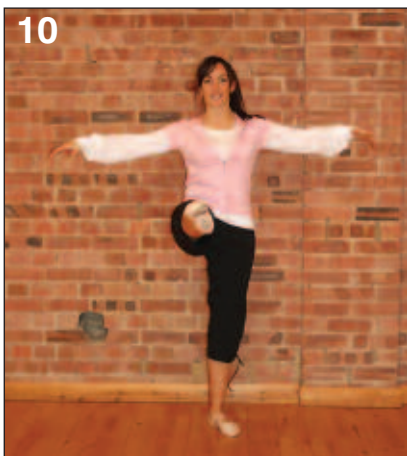
# pumpedup

WITH KIRSTY PELLANT

STONE UP AND IMPROVE FLEXIBILITY WITH FITNESS BALLET, THE FUN WORK OUT FOR ALL AGES. THE ROUTINE CAN ALSO BE VIEWED IN MOTION AT [WWW.FITPRO.COM/FITPRO/CHOREOGRAPHY-VIDEO-CLIPS.CFM](http://WWW.FITPRO.COM/FITPRO/CHOREOGRAPHY-VIDEO-CLIPS.CFM)




This Fitness Ballet routine is for body conditioning and takes around five minutes to complete



**Clothing: NIKE**

Kirsty wears  
 Studio LS Layering Top  
 Studio Knit Capri  
 Gym Cotton Short Sleeve Cover Up  
 Ballet Pumps model's own



Kirsty Pellant started her career as a professional singer/dancer and has performed in many of the great theatres in the UK. She then incorporated her dance background with her fitness training and created Fitness Ballet, a brand new concept of training that aims to lengthen and strengthen the body and enhance flexibility whilst revitalising your mind and soul. To become a Fitness Ballet Instructor or for more information visit [www.fitnessballet.co.uk](http://www.fitnessballet.co.uk)

pic	move	counts	description
1	First Position		Standing in first position, your legs should be turned out from the hips as if you were rolling the thighs outwards. Keep abdominals strong and posture correct throughout all ballet exercises; ie, bottom tucked under, shoulders down, and arms rounded.
2	Rise on Demi Pointe in First Position	1, 2	Rising on to the balls of your feet, making sure you do not roll out on to your little toes, and keeping on your big toe and second toe, you are pulling your abdominals, quads and knees upwards and balancing with your weight slightly forward. Lower back into first position.
3	Demi Plié in First Position	3, 4	Keeping the heels grounded, bottom tucked under, you are bending both knees. Imagine you are in the middle of two walls so you can't bend forward or backwards. Aim for the knees to bend over the second toe. You should feel a stretch in the Achilles tendon. Straighten legs.
Repeat section 2 and 3: Rise for 1, 2; demi for 3, 4. x8			
4	Saute (jump) in First Position	x18	Demi plié in first position. As you jump you are coming through the rise on demi pointe and continue up until your toes come off the floor. Continue pointing the toes; as you return from the jump, the tips of the toes should be the first to reach the ground, coming back down through demi pointe, heels grounded into a demi plié and then straighten legs.
5	Second Position		Standing in second position with a distance of about one foot between the heels.
6	Rise on Demi Pointe in Second Position	1,	Rising on to the balls of your feet, making sure you do not roll out on to your little toes, and keeping on your big toe and second toe, you are pulling your abdominals, quads and knees upwards and balancing with your weight slightly forward. Lower back into second position.
7	Demi Plié in Second Position	2,	Keeping the heels grounded, bottom tucked under, you are bending both knees. Imagine you are in the middle of two walls so you can't bend forward or backwards. Aim for the knees to bend over the second toe. Straighten legs.
8	Saute (jump) in Second Position	x18	Demi plié in second position. As you jump you are coming through the rise on demi pointe and continue up until your toes come off the floor. Continue pointing the toes; as you return down from the jump the tips of the toes should be the first to reach the ground, coming back down through demi pointe into a demi plié and then straighten legs.
Repeat sections 6 and 7: Rise for 1, 2; Demi Plié for 3, 4. x18			
<b>Repeat the above 8 sections x4</b>			
9	Retire (to draw up)	1, 2	Standing in first position, raise the thigh with the knee bent, toes pointed so that the pointed toe rests in front of the supporting knee.
10	Developpe (to unfold)	Hold 3, 4; Lower 5, 6, 7, 8	From the retire, slowly extend the leg to an open position, lifting from the thigh, and hold there with perfect control. Keep the leg nice and low until the strength increases.
Repeat section 9 and 10 on each leg x8			